

Eifel Times

Culture of Responsible Choices **CORE** SPECIAL EDITION Work Hard. Play Smart!

Vol. 41, Issue 13

Spangdahlem Air Base, Germany

www.spangdahlem.af.mil

March 30, 2007

News Briefs

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52nd MDG closed for training

The 52nd Medical Group closes for training April 6. People in need of urgent care should seek treatment at the Bitburg Annex hospital emergency room.

AFOSI information

Anyone with information about the bomb threats made from building 227 and 103 March 27 should contact AFOSI at 452-6291, 52nd SFS at 452-6666 or place the information in the criminal tip box at the Spangdahlem Post Office.

B-50 partial closure

The construction on B-50 is scheduled until April 13. Drivers should use the following proposed routes: A 60, Badem, Erdorf and Metterich back to B 50; A 60 to Badem and Erdorf to Bitburg; and or A 60 and B-51.

Change of command

A 23rd Fighter Squadron change of command takes place April 6 at 10 a.m. in Hanger 3.

Dorm managers wanted

The 52nd CES needs to fill two dorm manager positions. The positions are open to staff sergeants only, and the deadline to apply is April 1. For details, call Master Sgt. Roderick Hubbard 452-6692 or Tech. Sgt. Ronnie Evans at 452-6017.

First class stamp/post card rate increase

The U.S. Postal Service increases postage for stamps and post cards May 14. The price for a first class stamp will be 41 cents and the post card rate will increase by two cents.

Housing office closure

The base housing office will be closed April 6 and April 9 due to German holidays. For more information, call 452-7944.

No news paper

The Eifel Times will not be published April 6 due to the holiday.

Retired CMSAF speaks at Spangdahlem

The fifth Chief Master Sgt. of the Air Force (ret.) Bob Gaylor will speak at the STRIPES ceremony Monday at 3 p.m. in the Eifel Club. He will speak directly following the promotion ceremony.

Tax center volunteer opportunity

The base tax center is in need of more volunteers. Interested individuals should contact Staff Sgt. Brian Meeker at 452-1040 or Capt. Marsha Yasuda at 452-6796.



Tech. Sgt. Scott Kuhrt, 52nd Security Forces Squadron, demonstrates the use of a breathalyzer on fellow security forces member Staff Sgt. David Hudson Wednesday. This breathalyzer is carried by members of the 52nd SFS to emergency scenes to detect if an individual is under the influence of alcohol. (Photo by Staff Sgt. Raymond Mills)

Culture of Responsible choices 52nd FW/CC speaks about CoRe

Col. Darryl Roberson
52nd Fighter Wing commander

Ladies and gentlemen of Team Eifel, as you read this week's issue of the Eifel Times, I'd like you to pay close attention to its theme -- Culture of Responsible Choices. I hope many of you are already familiar with this program.

The Air Force launched the Culture of Responsible Choices campaign in 2006 to encourage Airmen to become aware of certain behaviors that can impair mission readiness. The program emphasizes leadership, individual, base and community-level involvement -- underscoring responsible behaviors.

The Air Force has stepped up and said we need to build and be a part of a Culture of Responsible Choices and we Sabers will lead that charge. We have termed our commitment "Saber Choices." The choices we make each and every day, during each moment of our lives are "CORE choices" that we must live with the results of. We are turning our attention to the positive choices we make each and every day.

A recurring theme I've witnessed in my Air Force career, and many of you may have as well, is the age-old adage of "work hard, play hard." In conjunction with the Culture of Responsible Choices program is a cultural shift from 'work hard, play hard' to 'work hard, play smart.' A concept senior leadership is trying to implement Air Force-wide.

The importance of making responsible choices, both in your professional and personal lives shouldn't be anything new or one that would require a universal initiative; however, statistics will show, we are still 'working hard and playing hard.'

Air Force statistics are troubling and the population most at risk comprises junior enlisted Airmen, ages 17 to 24. While comprising only one-third of the total active duty Air Force, they account for 81 percent of the Air Force's alcohol-related incidents.

The Air Force averages 5,300 alcohol-related incidents each year. Irresponsible drinking is a factor in 33 percent of suicides,



Graphic by Staff Sgt. Shannon Coady

57 percent of sexual assaults, 29 percent of domestic violence cases and 44 percent of Class A, fatal, motor vehicle accidents.

In this issue of the Eifel Times, you'll read about similar statistics and incidents where your fellow Airmen did not make the right or responsible choice. You'll review Spangdahlem's ARIs/DUIs for 2006 and see where your fellow Airmen have failed you and the mission.

I hope you have heard me say this before, it takes every single person on this installation to make our mission happen; this incredible combat machine we work on every single day takes the work of everybody doing their part to make it all happen. If we lose one person the mission suffers.

We have the best Airmen here that the Air Force has to offer. We continue to prove it every day and I couldn't be prouder of what all of you are doing. I realize and appreciate all of the hard work as well as the quality of the work you're doing. So keep up the great work, but keep in mind, 'work hard, play smart.' Remember, prepare to fight, fight to win and take care of each other.

(Editor's note: Statistics are courtesy of the Culture of Responsible Choices Web site. For more information, visit <http://www.afcrossroads.com/websites/corc.cfm>. The special edition banner was created by Senior Airman Alison Chesser.)

RESCON Watch

CHARLIE

3-5 DUIs/ARIs in the Last 30 Days

Days since last DUI/ARI: **19**

291 Airmen's lives were saved by the Airmen Against Drunk Driving Program since Jan. 1, 2007. When going out and your plan falls through call AADD for a ride, at 06565-61-2233.

Airmen challenged to make better choices

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON (AFPN) — “Work hard and play smart” may soon be a new mantra for Airmen after duty hours.

In February 2006, the Air Force kicked off a new program titled “Culture of Responsible Choices.” The program, called CoRC for short, is more of a change in mindset than an actual new formal program. It is a mindset where all Airmen and people in AF organizations are asked to rethink how they do business and conduct their lives to ensure their decisions lead to safe and healthy outcomes. Responsible choices are an integral part of Air Force culture, and CoRC emphasizes personal responsibility and accountability for decision-making and behavior on and off duty.

Air Force senior leaders would like Airmen to help each other make better choices in their leisure activities and personal lives, said Vice Chief of Staff of the Air Force Lt. Gen. Arthur Lichte.

“We have Airmen who sometimes make poor decisions and (engage in) high-risk behavior, which results in mission impairment and many other problems that impact good morale and discipline in the unit,” he said. “With this program we call CoRC — if you can think of it as a mindset of how people should be thinking when it comes to making risky behavior decisions — we want individuals to make the right choice.”

The Air Force-level CoRC program is cousin to a successful program at F.E. Warren Air Force Base, Wyo. called “0-0-1-3.” That stands for “zero underage drinking, zero driv-



“Work hard and play smart” may soon be a new mantra for Airmen after duty hours. (U.S. Air Force graphic/Mike Carabajal)

ing under the influence, one drink an hour, and never more than three drinks at an event.”

The 0-0-1-3 program significantly reduced alcohol related incidents at F.E. Warren AFB, and Air Force senior leaders wanted to transplant that success throughout the service, but chose to broaden the scope of the program when doing so.

With CoRC, Air Force leaders hope to change the way Airmen think about the whole spectrum of issues, from drinking and drug use on the one hand to healthy fitness behavior; sound financial management; vigorous suicide

prevention; effective sexual assault response and prevention; and safe practices at work, at home, and on vacation. The idea is to help Airmen stay healthy, safe, and in uniform, General Lichte said.

“I want that 18- to 25-year old Airmen to be a 45-year-old chief (master sergeant) some day,” he said. “But when you make bad choices, sometimes you are not going to get that opportunity. And the same for the young officers.”

Implementation of the CoRC program involves, in part, having commanders use their

services squadrons to create more opportunities for Airmen to engage in non-alcohol centered activities. In addition, some activities would be planned later at night, from 9:30 at night into the morning, for instance, times when young Airmen who stay up late on the weekend are looking for something to do.

“When you look at the base in particular, bases on Friday night may not have a lot to offer to that young Airman who is now pumped up and ready to go party,” General Lichte said. “This CoRC kind of tries to give that individual Airman alternatives and other things to do.”

Ideas could include midnight basketball, late-night movies at the base theater, or inter-installation video game competitions. Alcohol may or may not be part of an event, but if it is, it will not be the focus or the center of the event.

While an emphasis on finding alternatives to alcohol use plays a large part in the CoRC program, the program really is about helping Airmen make better decisions in all the things they do, said General Lichte.

“There are a lot of times when you are young (you feel) you’re going to live forever,” he said. “You feel very strong, and (that) you can do anything, and nothing is going to harm you. Then all of the sudden you make a bad choice and find out you are not invincible. What we want to do is make sure all our young Airmen understand that they can be hurt. And so we want to make sure we take care of them. It goes back to the wingman concept.”

Airmen and commanders can find out more about the CoRC program at the program Web site: <http://www.afcrossroads.com/websites/corc.cfm>.

Drinking safely: what you should know, do

52nd Medical Operations Squadron
Life Skills, ADAPT Program

Did you know ...

- ◆ You can die from drinking too much?
- ◆ A certain blood alcohol level can put you in a coma?
- ◆ Binge drinking is common, but deadly?
- ◆ Substance abuse has a negative impact on both you and the mission?

Einstein once said, “The difference between genius and stupidity is that genius knows its limits.” Remember that the next time you go drinking. Before going out to drink, have a good plan and always have a wingman. Have a good understanding of what constitutes “a drink.” One drink can be defined as one 12 ounce beer, 1.5 oz shot of liquor, or four ounces of wine.

Planning ahead is the best way to be at a low risk of getting involved in an alcohol-related incident or developing a serious alcohol problem. Planning begins with setting a moderate limit -- drinking in moderation means no more than two or three drinks per episode, no more than three days per week, and limiting how fast you drink; these steps will typically result in keeping your blood alcohol concentration (BAC) below .045-.055. Never drink alcohol when taking medications, have an illness made worse by alcohol, if pregnant or trying to conceive, are experiencing symptoms of depression, or doing anything that may endanger your life (like driving a car or boat). Some other planning tips include being of legal age, eating a meal before drinking, drinking no more than one drink per hour; limiting your consumption to less than binge-drinking thresholds (three drinks for women, four drinks for men), always knowing what you are drinking, alternating alcohol-free drinks throughout the evening, and knowing how you will get home safely before you go out.

Alcohol affects women differently than men. Women can expect substantially more alcohol-caused impairment than men at equivalent levels of consumption. Some reasons why women might be more sensitive to alcohol include 1) women are typically smaller than men; 2) The average female carries more body fat than the average male, and body fat contains little water. Consequently, most women have less body water to dilute the alcohol, leaving a higher concentration of alcohol in women’s bodies; 3) Alcohol dehydrogenase is a metabolizing enzyme that helps the body get alcohol out of its system.

Women have less of this enzyme than men, so more of what women drink enters the bloodstream as pure alcohol; and 4) Fluctuating hormone levels in women means that the intoxicating effects of alcohol will set in faster when their estrogen levels are higher, premenstrually. Also, alcohol increases the estrogen levels -- birth control pills or other medications with estrogen will cause the intoxicating effects to set in at lower levels of BAC.

High-risk drinking behaviors include being underage, doing shots, drinking games, and chugging (drinking anything out of a punch bowl, trough, hose, or funnel), drinking to get drunk (intoxicated), driving after drinking or riding with someone under the influence, drinking too much or too fast on an empty stomach, going to parties or clubs where people drink too much, not knowing what is in your glass or leaving it unattended, and mixing alcohol with any medications or illegal drugs.

Remember, impairment begins with the first drink. Each drink after that only intensifies the effects that the alcohol is having on your body, mind, and behaviors. The liver can only metabolize approximately one alcoholic drink per hour. More than that could result in significant medical problems (i.e., cancer, organ diseases, alcohol poisoning, alcoholism, sexual dysfunction). Even small amounts of alcohol will result in euphoria, uncoordinated movements, and decreased judgment. Moderate amounts result in decreased pain sensitivity, drowsiness, confusion, decreased fear and anxiety, aggressiveness, reduced inhibitions, and increased risk-taking behaviors. Larger amounts of alcohol consumption result in physical and psychological distress, nausea, vomiting, blackout, stupor, deep anesthesia, and potential death.

High-risk drinking and alcohol abuse greatly impact our lives and our ability to fulfill the Air Force mission. Yearly, the Air Force loses millions of dollars and manpower hours due to substance abuse. As our service becomes leaner while acquiring additional responsibilities, our mission effectiveness depends upon a disciplined and fit fighting force capable of deploying globally at a moment’s notice. This means we cannot allow substance abuse to degrade our combat capability. Also, irresponsible alcohol use, on or off base, is dangerous and reflects poorly on the Air Force community as a whole.

Not all substance abuse problems are attributed to alcohol-related incidents. If you’ve felt that your drinking has gotten out

of control, you’ve been unable to cut down, people are annoyed and criticize your drinking, or you’ve felt guilty about your drinking, you should seek help immediately. The stigma of destroying your career because you sought help is just untrue. The majority of individuals seeking help found they actually save their career— and potentially their lives.

There are several base agencies that can help you. The Air Force Alcohol and Drug Abuse Prevention and Treatment (ADAPT) program was developed to promote readiness, health and wellness through education and treatment, and to minimize the negative consequences to the individual, family, and organization. When a person is referred to the ADAPT program he or she will be evaluated by a certified substance abuse counselor. The evaluation will determine whether or not the person meets the criteria for Alcohol Abuse or Dependence. Here are some definitions.

Alcohol Abuse: Any below standard behavior or performance in which the consumption of alcohol is a primary contributing factor. Alcohol abusers are “problem drinkers”, that is, they may have legal problems, such as drinking and driving, or binge drinking (drinking five or more drinks on one occasion for men, four or more drinks for women).

Alcohol Dependence: An illness marked by consumption of alcoholic beverages at a level that interferes with physical or mental health, and social, family, or occupational responsibilities. People with alcohol dependence, the most severe alcohol disorder, usually experience tolerance (a need for markedly increased amounts of alcohol to achieve intoxication or the desired effect), and withdrawal symptoms when alcohol is discontinued or intake is decreased. They also spend a great deal of time drinking alcohol, and obtaining it.

People who are dependent on or abuse alcohol return to its use despite evidence of physical or psychological problems, though those with dependence have more severe problems and a greater compulsion to drink.

Military members are encouraged to seek assistance from their unit commander, first sergeant, supervisor, ADAPT program, or medical professional if their drinking becomes a problem. If an incident occurs, commanders are responsible for ensuring their troops are referred to the ADAPT program. For assistance, call 452-8321.

Family, core values act as moral compass for Airmen

By Senior Master Sgt. Joseph Walsh
52nd Civil Engineer Squadron

Reflecting on the recent rash of alcohol-related incidents, I wondered what, if anything more, can be done?

As people, there's a common bond we all share ... we are either a son or daughter and each of us is also a part of an even bigger family, we are Airmen in the U.S. Air Force.

As sons and daughters, we seek help from our parents. As Airmen, we seek help from our mentors. They're our sounding boards for advice and the people we most want to build a long, lasting relationship with; one based on mutual trust and respect. They have life experience points -- both "learned" and "earned" and we want them. You want to live long, be a future leader and have a fruitful career.

Moral compass

Being a son or daughter comes with great individual responsibility. Your family proudly gave you your last name, untarnished at birth and you're charged with maintaining the heritage and integrity that came along with it. Even more important is your responsibility to pass it on to your children as untarnished as it was given to you. From this point forward the first stop for your alcohol related incident sounding board test should always be your family's name. Ask yourself this, "Would they be proud to see you in handcuffs, reeling from a drunken stupor in your home after an altercation with your spouse?"

"Loyalty has no borders, and there is no room for the 'Vegas tourist' mentality in the Air Force."

They sent you out the door into life and asked you to make them proud. Did you? Are you every day and on every decision? Your family's name is forever linked to your actions, even the bad ones. The road traveled to build up the trust lost from an ARI is a long and cold one, even for the stoutest of heart.

Loyalty to your family should never be forgotten. It should be used constantly as your moral compass. If you wouldn't do something at home, then it's time to build your integrity and not do it in your new home, whether it's a dorm, house or tent. Loyalty has no borders, and there is no room for the "Vegas tourist" mentality in the Air Force. Respect your family's name; it has come at the expense of many sacrifices -- both in peacetime and war.

Mentorship

The role of an Airman in today's Air Force is challenging and it also comes at a price preserving the name of our country. When you first joined the Air Force, you had a clean slate. Is it still that way?

From this day forward your second stop for your sounding board is your new family's name, the Air Force. Ask yourself this, "Are those who paid the ultimate sacrifice while wearing the same uniform you see in the mirror going to be proud of what you're doing?"

or "Is my signature block a seal of excellence that is beyond reproach?"

To help answer these questions your first stop is someone who can be trusted, a mentor. Mentorship at its most basic form is nothing more than an experienced guide assigned to teach you the skills necessary to ensure the lifeblood of the Air Force remains strong. You do this by building a strong personal relationship utilizing effective communication, shared mission tasks and active participation in professional organizations. We use them as our sounding boards to ensure the preservation of the Air Force name remains intact throughout the process, ultimately, in hopes that some day you, too, will pass on the lessons you've learned and the loyalty gained to our future Air Force leaders. The Air Force is synonymous with excellence and selfless service.

Life experiences

Have you ever wondered why we get a pay raise for longevity? The answer is you've gained invaluable life experience point that enhance the mission. Life experience points are everywhere in life, the proverbial "needle in the haystack" though is whether you "learn 'em or earn 'em." Unfortunately those who find themselves on the wrong side of the law always try to "earn 'em" then "learn 'em" thus

resulting in misfortune, pain and loss of trust.

"Learned" life experiences are the most difficult to gain as they come from watching the mistakes of others and listening to the advice of parents. Then the person simply chooses a path to follow by trusting the advice given. "Earned" life experiences; however, are gained by not trusting the advice once given or behavior seen and trying it for yourself.

The problem is we're trying to earn it in situations that have killed people, ended careers and destroyed families. That's why it's critical to "learn" these lessons and not "earn" them as some ridiculous badge of courage because the life lost may be yours, the career ended may be your best friend's and the family destroyed will always be our Air Force.

You've got the two cornerstones that will always be used as your personal sounding boards from this day forward. The first is respecting your family's heritage and the second is being loyal to our country's lineage. Check out the nametag on your uniform. It proudly displays your family's heritage, your last name. Now check out the nametag on the other side with your new family's name; the U.S. Air Force and the core values that are synonymous with its Airmen.

Ever wonder why they are at equal points on your uniform? They are both truly equal in importance and being a son or daughter and an Airman is our common bond forever.

Top Saber Performer

Name: Nikolitsa Mize
Unit: 701st Munitions Support Squadron
Duty Title: Shoppette clerk
Hometown: Greece
Why joined: I chose to work with the Air Force to be a part and serve the community.
Family: My family includes my loving husband Tech. Sgt. Virgil Mize, 701st MUNSS, and my cute puppy Zazu.



Courtesy photo

Hobbies: My hobbies include traveling, shopping, reading and watching my favorite TV shows.

Favorite aspect of the job: My favorite part of the job is getting to know everybody and helping with the operation of the base.

Most memorable Air Force experience: My most memorable experience is when Gen. Tom Hobbins, commander, U.S. Air Forces Europe,

Saber Airman shares DUI experience

By Staff Sgt. Patrick Ogborn
52nd Civil Engineer Squadron

I went out partying at a club in Binsfeld Sept. 29, to celebrate my birthday with some friends. We started partying around 10 p.m. Everyone was having fun celebrating, we were doing shots and friends were buying me birthday drinks.

Around 1 a.m. I left the club and walked to a friend's house. After I slept for a few hours, I felt good enough to drive, so I took a shower got dressed and drove to work.

The Polizei pulled me over at 8 a.m. and give me a breathalyzer test. I blew a 0.058 and they took me to the Polizei station in Wittlich. I was held there for a few hours before being transported by members of the 52nd Security Forces Squadron to building 215.

When all was said and done, a night of celebrating turned

into a life-altering experience for me. I received a Letter of Reprimand; an Unfavorable Information File; was placed on a control roster, received a 290 euro fine; my car insurance increased, and I lost my license for a year.

I didn't have a good plan or I would not be in the situation I am in now; I am a single Airman living off base, and not having a license really sucks. I have to rely on people in my unit and friends to go out of their way to take me to appointments, the commissary, to and from work and the list just keeps going. If it weren't for the help from these people, there would be no way I would be able to make it.

When you are charged with driving under the influence, your whole world turns on you and it seems like nothing can go right. The bottom line is if you have a good plan in place you can avoid ending up in a situation like mine.

Eifel Salutes

52nd Medical Group

Bravo and thanks to **Maj. Kenda Smith** for stepping up to the plate and shouldering the load as Health Care Integrator during the past month. She made the seemingly impossible possible and did it with a smile and some style. Congratulations to **Master Sgt. Debra Dixon** on her selection as U.S. Air Forces in Europe SNCO of the Year for Medical Logistics.

BHS student excels

Caitlin Schwartz, Bitburg High School student, received national honors when she was recognized for superior academic achievement by the National Society of High School Scholars.

CDC Scores

Congratulations to the following Airmen who scored outstanding Career Development Course: **Airman 1st Class**

Brian Martenis, 52nd Civil Engineer Squadron, 91 percent; **Senior Airman Robert Marcy**, 52nd Component Maintenance Squadron, 93 percent; **Staff Sgt. Michael Furse**, 52nd Logistics Readiness Squadron, 90 percent; **Senior Airman Mark Meyer**, 726th Air Mobility Squadron, 90 percent and **Staff Sgt. William Morris**, 726th AMS, 90 percent.

Eifel Times

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Col. Darryl Roberson

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

- DirectLine@spangdahlem.af.mil
- Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126
- To PA in building 23.

Concerns may also be sent via fax to 452-5254. Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	476	296	-101
23FS	363	369	45
81FS	362	321	23

*Delta is contract vs. sorties flown to date.

Through March 26

Courtesy of the 52nd Operations Support Squadron Plans and Scheduling Section

52nd FW/JA debunks DUI, ARI myths JA corrects misinformation given by 'barracks lawyers'

52nd Fighter Wing Staff Judge Advocates Office

At the legal office, we frequently advise commanders and first sergeants when one of their Airmen is caught driving under the influence or is involved in an alcohol-related incident. Recently, we noticed that members of the Saber population are receiving advice from "barracks lawyers" that is a little off the mark.

The 52nd Fighter Wing legal office does not endorse the "barracks lawyer" approach to legal services for many reasons. Every case is different; despite what a "barracks lawyer" may have said, there are no "standard hits" in this wing. However, for those who are wondering what could happen if your wingman or you are caught DUI or are involved in an ARI, read and learn the truth behind the "barracks lawyer" myths.

Bad advice:

Your license cannot be suspended unless you are court-martialed. Wrong! It is a privilege to drive in Germany. This privilege can be revoked if you receive a DUI, even if you never step into a court room. First time DUI offenses result in a driving revocation from 180 days to two years. Multiple DUIs result in driving revocations of five years to indefinite revocation. In addition, many U.S. states suspend your license no matter where the DUI was received, and be assured your state will find out if you get a DUI at Spangdahlem Air Base.

Bad advice:

Your commander cannot do anything if you receive a DUI downtown. Wrong! If you receive a DUI from the Polizei, the local governments can take action. They can suspend drivers' license and impose fines. These actions do not preclude the wing from suspending your driver's license as well, or your commander from giving out a Letter of Counseling, Letter of Reprimand, creating an Unfavorable Information File or placing you on a control roster. In most cases, the German government automatically allows the commander to take action against their Airmen. This can result in an Article 15 punishment or even a court-martial.

Bad advice:

The worst thing that can happen if you receive a first-

time DUI is an LOR or maybe an Article 15 with a fine. You definitely won't go to a court-martial. Wrong! Commanders have a wide range of options to consider when an Airman receives a DUI. That range starts with nothing and includes anything from an LOC to an LOR to an Article 15 to a court-martial, even for a first offense. If your commander decides to impose an Article 15 and you are an E-4 or below, you can be reduced to E-1. If you are an E-5 to E-7, your commander can reduce you one grade. The 3rd Air Force commander issues Article 15s to E-8, E-9 and officers -- ouch! Anyone can be fined up to one half one month's pay for two months, be restricted to base for 60 days and receive 45 days extra duty. If you go before a court-martial, you can be confined 30 days to six months depending on the type of court-martial. You can receive a bad conduct discharge, be reduced to E-1 and receive total forfeitures of pay an allowance. If you injure someone while drinking and driving, you can be confined up to 18 months and receive a dishonorable discharge.

Bad advice:

I heard about a chief that got a DUI when he was an Airman and he did alright. So even if you get a DUI, you don't have anything to worry about. Wrong! As we all know, the Air Force environment is constantly changing. Additionally, the Air Force currently must reduce its force. To achieve this goal, AFPC has implemented rollbacks. That is, forcing people out of the Air Force if they meet certain criteria. If you receive a DUI, you may get caught in a rollback and forced out of the Air Force. Also, commanders have other administrative options at their disposal. First, your commander may elect to discharge you from the Air Force with a General or Under Other than Honorable service characterization. The commander can also deny your request to re-enlist in the Air Force. There is no automatic right to re-enlist in the Air Force. Your supervisor and/or commander can recommend that you receive a referral Enlisted Performance Report or Officer Performance Report for a DUI. That can affect your ability to achieve promotion goals. If you have already tested, you may be "red-lined" and not promoted,

even if you were selected. If you are an officer, senior NCO, technical sergeant or a staff sergeant, a DUI, no matter what action your commander takes, may end your chances for promotion and your Air Force career.

Bad advice:

If you get in a fight and don't remember what happened, you won't get into trouble. Wrong! If you get into a fight while drunk, you can be charged for assault under the Uniform Code of Military Justice, even if you don't remember. Your commander can impose an Article 15, which carries the same punishment as a DUI. Your commander can take the same administrative actions, such as a discharge, denial of reenlistment, and referral EPR/OPR. However, if your commander sends you before a court-martial, the punishment can be severe depending on the facts of the case. The amount of confinement could be for many years; recently a Saber received 28 months confinement. In addition, you could receive a dishonorable discharge, reduction to E-1 and total forfeiture of all pay and allowances.

Bad advice:

Well, DUIs are a personal problem. Wrong! Receiving a DUI, on or off base, is everyone's problem. Commanders, first sergeants and supervisors must take time out of their busy schedules to attend to your problem. Processing an Article 15 can take 20 days. That does not include everything that must be done to ensure the punishment is carried out. If you go before a court-martial, it takes even more time. Fellow Wingmen must also spend their time covering your work duties because you are out of the shop. If you are discharged, your unit must take time to pick up your workload and train your replacement when they arrive. Your absence creates a void and puts a strain on troops who work hard every day to complete the Air Force mission. Finally, your DUI affects your family. Think about it -- you cannot drive, you may lose money and rank, and, if you are court-martialed and confined, your family loses one of their loved ones. Before you decide to drink and drive, think about what you will tell your husband/wife, mother/father, son/daughter if you are court-martialed or receive an Article 15.

Downward spiral: Sabers' promising careers ruined

52nd Fighter Wing Staff Judge Advocates Office

You've seen the articles in the Eifel Times, heard rumors and maybe even known someone involved in a driving under the influence or an alcohol-related incident. Yet you may still think, "This can't happen to me, it is just a case of bad luck for those other people."

You go out on the town and have a few beers and think, "I'm OK to drive." You may think, "Hey, I never get violent. I never would get into a fight no matter what, especially when I drink because I am in control." Or worse yet, "Those other people are just unlucky."

The sad truth of the matter is that at the 52nd Fighter Wing Staff Judge Advocates Office we rarely see cases where the perpetrator of one of these criminal offenses who did not have a plan. These perpetrators think they have superior reflexes or consider themselves to be the perfect image of a quiet peace-loving man or woman, at least until they saw the police check point, saw the blue flashing lights, were tackled and handcuffed by the police, had to go before their commander, or, even worse, had a judge or military jury sentence them to confinement. And the same can happen to you.

Below is a recap of a few of the Article 15s, discharges and courts-martial of Sabers who did not expect to have their career and life ruined when they decided to have a few drinks. Remember what happened to these former Airmen when you decide to drink and consider that following 0-0-1-3, having a plan and sticking to it could have helped them.

Staff Sgt John Nichols

Sergeant Nichols, 702nd Munitions Support Squadron, had a spotless record and good enlisted performance reports. Many of his

friends and family said he was a great guy, always willing to help people out and never got violent or caused problems. His supervisors praised him as a good worker and liked having him in their squadron. He worked hard and had the potential to go many places in the Air Force. That was until New Year's 2006 when Sergeant Nichols made one decision that spiraled out of control and ended in a court-martial. He started out with a plan; he would not drink because he was going to drive. However, he had one drink and then decided to sleep in his car so he could continue drinking. He drank a lot more -- 12-14 drinks in a 3-4 hour period. Within a few hours after he quit drinking, Sergeant Nichols assaulted six people, resisted arrest and broke into a house. His actions permanently scarred a 16 year old and 64 year old German. Sergeant Nichols has no memory of what happened. He does not remember assaulting or injuring the people. A little more than a year later, Sergeant Nichols' Air Force career was over. A panel of military members found him guilty of assault, resisting arrest and housebreaking. They sentenced him to 28 months confinement, a bad conduct discharge, reduction to E-1 and total forfeitures of pay and allowances.

Senior Airman Jose Padilla

Airman Padilla, 52nd Component Maintenance Squadron, had a record that showed some problems, but he worked hard at his shop and while deployed. He received numerous awards, such as maintainer of the month and quarter. When he went out one night during September 2006 to have a few drinks with his friends he met a couple and began socializing with them. As the night wore on, he decided to leave with his friend and then things

began to spiral out of control for Airman Padilla. Within a few hours he assaulted a German whom he had just met him. He left her permanently scarred and as she stated at his trial, she still does not know why he assaulted her. Airman Padilla found himself before a Summary Court-Martial; he pled guilty to the charge of assault consummated by a battery. He faced the local German girl as she described what he did to her that night. He was sentenced to 30 days confinement, which was reduced to 20 days through a pre-trial agreement, and reduction to E-2. Subsequently, Airman Padilla was involuntarily discharged from the Air Force, consistent with his pretrial agreement. His conviction and involuntary discharge characterization will follow him for the rest of his life.

Between January 2006 to present, 27 military members have received an Article 15 for DUI/ARI (16 were for DUI). They received various punishments ranging from reduction in rank to fines to correctional custody. Of those people, six people were involuntarily discharged from the Air Force.

Senior airman

A senior airman from the 52nd Aircraft Maintenance Squadron violated Article 111 by driving while the alcohol concentration in her blood was over the legal limit of 0.1. She also violated Article 134 by fleeing the scene of an accident. Finally, she violated Article 108 by damaging government property. With only two years of service she was on the right track before she made the decision to get behind the wheel of her car after drinking alcohol. She had a designated driver to take her home from the party, but after he dropped her off she got behind the wheel of her own car. She then

crashed her car through the perimeter fence of Spangdahlem Air Base. The commander imposed a reduction to the grade of airman, with reduction below airman first class suspended, forfeitures of \$250 pay per month for two months and 30 days restriction. Since this incident she has been administratively discharged from the Air Force with a General discharge instead of pursuing a successful career.

Senior master sergeant

Do not think this only happens to junior Airmen. This past year, a senior master sergeant from the 52nd Operations Support Squadron violated Article 111 by driving while drunk. The Air Command Europe commander imposed a suspended reduction to the grade of master sergeant, forfeiture of \$750 pay per month for two months and a reprimand. Due to the Article 15 and suspended punishment, the member was ineligible for re-enlistment and was therefore identified under the date of separation rollback program. This sergeant had dreams of becoming a chief master sergeant and was on the way to achieving that goal before he made the mistake of driving under the influence. After 25 years of military service this member was forced to retire due to his poor choice.

Time and time again, we in JAG see Airmen who were on their way to positive things in the Air Force stopped dead in their tracks. At one point, each and every one of these folks raised their right hand and joined the ranks of the honorable military profession, knowing they might lay their life down for their country. If not for their poor choices, they would still be our fellow Airmen. So, the next time you drink alcohol, we hope you will remember these former brothers and sisters in arms and make better choices.

52nd FW tracks Saber ARIs, DUIs during 2006

The following is a list of driving under the influence and alcohol related incidents that occurred between January and December 2006 by members assigned to the 52nd Fighter Wing.

January

An airman first class from the 52nd Aircraft Maintenance Squadron had an ARI Jan. 14 for being drunk on duty.

A staff sergeant from the 52nd Civil Engineer Squadron received a DUI Jan. 16 for driving with a blood alcohol content of 0.147 in Trier. The sergeant lost his license for a year and a half.

A civilian from the 52nd Services Squadron received a DUI Jan. 21 with a BAC of 0.248 in Binsfeld.

An airman first class from the 52nd AMXS had an ARI Jan. 22 for being drunk and disorderly, assault and disobeying a lawful order of a commanding officer.

An airman first class from the 52nd AMXS had an ARI Jan. 22 for disobeying an NCO.

A senior airman from the 52nd CES had an ARI Jan. 27 for a mutual affray in Club Eifel. The airman received counseling.

A master sergeant from the 52nd Mission Support Squadron received a DUI Jan. 27 for driving with a BAC of 0.231 he was deemed responsible for an accident and other moving violations near Metterich. The sergeant was reduced to airman.

An Airman from the 726th Air Mobility Squadron, had an ARI for disorderly conduct Jan. 28 with a BAC of 0.162 at the Spangdahlem main gate.

February

A master sergeant from the 52nd CES had an ARI Feb. 4 for a mutual affray in Bitburg housing.

A family member had a DUI Feb. 4 in Herforst. The family member lost their license for a year and a half.

A staff sergeant from the 52nd CES received a DUI Feb. 4 for driving with a BAC of 0.117 in Binsfeld.

A civilian from 52nd SVS received a DUI Feb. 7 for driving with a 0.190.

A technical sergeant from the 372nd Training Squadron had an ARI Feb. 11 for disorderly conduct, failure to obey a lawful order or regulation, obstruction of justice and provoking speech and gesture.

A senior airman from 52nd AMXS received a DUI Feb. 11 for driving with a BAC of 0.069 in Binsfeld.

A senior airman from the 702nd Munitions Support Squadron received a DUI Feb. 19 for driving with a BAC of 0.067 on base.

A senior airman from 52nd AMXS received a DUI Feb. 25 for driving with a BAC of 0.155 in Binsfeld. The senior airman was reduced to airman and received 45 days extra duty.

A family member received a DUI Feb. 26 for driving with a BAC of 0.113 in Bitburg. The family member was also cited for speeding more than 20 miles per hour over the posted speed limit.

March

An airman from the 52nd CES had an ARI March 6 with a BAC of 0.065 for assault on base. The airman was reduced to airman basic, received a letter of reprimand and forfeiture of \$200.

An airman from the 52nd SVS had an ARI March 6 with a BAC of 0.157 for fleeing and eluding on base.

An airman first class from the 52nd Equipment Maintenance Squadron had an ARI March 11 for indecent exposure in Speicher. The airman received an LOR.

A technical sergeant from the 606th Air Control Squadron received a DUI March 18 for driving with a BAC of 0.119. The sergeant was also cited for

improper turning movements.

An airman first class from the 52nd AMXS received a DUI March 19 for driving with a BAC of 0.111. The airman was also cited for being responsible for an accident.

A staff sergeant from the 52nd Security Forces Squadron received a DUI March 22 for driving with a BAC of 0.256. He was deemed responsible for an accident and cited for failure to obey a general traffic order.

A family member received a DUI March 25 for driving with a BAC of 0.128 in Binsfeld.

An airman first class from the 52nd AMXS had an ARI for provoking speech and gestures March 26 in a Speicher club.

A staff sergeant from the 52nd AMXS had an ARI March 26 at a Speicher club.

April

An airman first class from the 52nd Component Maintenance Squadron had an ARI April 1 for being drunk, disorderly and bringing discredit to the Air Force in Binsfeld.

A senior airman from the 52nd AMXS had an ARI April 2 for assault in Trier.

A senior airman from the 52nd AMXS had an ARI April 2 for being drunk and disorderly in Trier.

A senior airman from the 52nd AMXS had an ARI April 2 in Trier.

An airman first class from the 52nd AMXS had an ARI April 2 in Trier. The airman received counseling and an oral reprimand.

An airman first class from the 52nd AMXS had an ARI April 8 for assault in Binsfeld.

A senior airman from the 52nd Logistics Readiness Squadron had an ARI April 8 for disorderly conduct, making a false official statement and provoking speech and gesture on base. The airman received an LOR.

An airman first class from the 52nd EMS had an ARI April 14 for being drunk, disorderly and using indecent language in a dormitory 226.

A staff sergeant from the 52nd CES received a DUI April 15 for driving with a BAC of 0.098 in Speicher. The sergeant was reduced to airman, received 14 days extra duty and forfeiture of \$1,000.

A senior airman from the 52nd CES had an ARI April 22 with a BAC of 0.147 for disorderly conduct on base.

An airman first class from the 52nd Communications Squadron had an ARI April 22 with a BAC of 0.186 for drunkenness and assault against a law enforcer on Bitburg.

A senior airman from the 52nd EMS had an ARI April 29 for assault in Oberkeil. The airman received counseling.

A staff sergeant from the 52nd EMS had an ARI April 29 for being drunk and disorderly in Oberkeil.

A staff sergeant from the 52nd EMS had an ARI April 29 for being drunk and disorderly in Oberkeil.

An airman first class from the 52nd EMS had an ARI April 29 for being drunk and disorderly in Oberkeil. The airman received counseling and a delay in promotion.

An airman from the 52nd LRS had an ARI April 29 for being drunk on duty and communicating a threat.

May

A senior airman from the 52nd CES had an ARI May 6 with a BAC of 0.130 for assault in Stuttgart.

A senior airman from the 52nd MSS had an ARI May 6 with a BAC of 0.094 for assault in Stuttgart.

A staff sergeant from the 52nd SFS received a DUI May 7 for driving with a BAC of 0.112 in Speicher.

An airman first class from the 52nd EMS had an ARI May 21 for destruction,

damage and vandalism of property in Badem.

A senior airman from the 52nd EMS had an ARI May 21 for being drunk and disorderly in Badem.

An airman first class from the 52nd EMS had an ARI May 21 for being drunk and disorderly in Badem.

June

An airman first class from the 52nd LRS had an ARI June 11 with a BAC of 0.153 for being drunk, disorderly, failure to obey a lawful order or regulation on base. The airman first class was reduced to airman, received an LOR and forfeiture of \$800.

An airman first class from the 52nd EMS had an ARI June 17 for being drunk, disorderly, assault and failure to obey a general order in Speicher. The airman received a LOR.

An airman from the 52nd LRS had an ARI June 26 for assault on base. The airman received a reduction to airman basic, 45 days extra duty and an LOR.

An airman from the 52nd SFS had an ARI June 26 for disorderly conduct. The airman received an LOR.

A C-5 crew had an ARI June 25 for being drunk on duty and failure to obey a lawful order or regulation on the AMC Ramp.

A civilian from the 52nd SVS received a DUI June 26 in Null.

July

An airman first class from the 52nd SFS had an ARI July 5 for being drunk on duty and failure to obey a lawful order or regulation on base. The airman received a LOR.

An airman basic from the 22nd Fighter Squadron had an ARI July 6 with a BAC of 0.100 for being drunk and disorderly in a dormitory.

An airman first class from the 52nd CES had an ARI July 7 with a BAC of 0.050 for provoking speech and gestures and assault in a dormitory.

An airman first class from the 52nd EMS had an ARI July 7 for being disrespectful to an NCO, fleeing, eluding, resisting apprehension and willfully damaging military property of \$500 or less value in a dormitory.

A staff sergeant from from the 52nd SFS received a DUI July 9 for driving with a BAC of 0.090 on base. The sergeant was also cited for being drunk on duty and failure to obey a lawful order or regulation.

A staff sergeant from the 52nd CS had an ARI July 9 for assault, being drunk and disorderly and failure to obey a lawful order or regulation in a dormitory. The sergeant received an LOR.

A senior airman from the 52nd CS had an ARI July 9 for being drunk and disorderly and failure to obey an order in a dormitory.

An airman from the 606th ACS had an ARI July 9 for destroying or damaging property valued at more than \$500 in Trier.

A senior airman from the 52nd CES had an ARI July 9 with a BAC of 0.080 for being drunk and disorderly.

An airman first class from the 52nd SFS had an ARI July 11 with a BAC of 0.175 for assault in a dormitory.

A senior airman from the 52nd SFS had an ARI July 14 for being drunk and disorderly and provoking speech and gestures at Club Eifel.

A 52nd CES family member had an ARI July 14 for being drunk and disorderly and provoking speech and gestures at Club Eifel. The family member received counseling.

A staff sergeant from the 52nd CMS had an ARI July 19 for assault in Speicher. The sergeant received an LOR.

An airman first class from the 52nd CES had an ARI July 22 for being drunk

and disorderly and failure to obey a lawful order or regulation in a dormitory. The airman received a reduction to airman basic, 45 days extra duty and a LOR.

August

A senior master sergeant from the 52nd Operations Support Squadron received a DUI Aug. 1 for driving with a BAC of 0.090 on base. A senior airman from the 52nd EMS received a DUI Aug. 8 on base. The senior airman was reduced to airman first class, received forfeiture of \$1,000 and a LOR.

An airman basic from the 22nd FS had an ARI Aug. 4 for being drunk on duty.

A captain from the 52nd OSS had an ARI Aug. 18 with a BAC of 0.156 for assault in Trier.

A family member had an ARI Aug. 20 for assault in Bitburg.

Two Navy officers had ARIs Aug. 21 for assault in Bitburg.

An airman first class from the 52nd SFS had an ARI Aug. 24 for assault at Club Eifel. The airman received an LOR.

An airman first class from the 52nd CES had an ARI Aug. 24 for being drunk and disorderly and bring discredit to the Air Force at Club Eifel. The airman received a LOR.

An airman first class from the 52nd SFS had an ARI Aug. 24 in Club Eifel. No action was taken by the unit.

A senior airman from the 606th ACS had an ARI Aug. 26 or being disrespectful to an NCO, being drunk and disorderly and failure to obey an order at building 501. The airman received counseling.

A staff sergeant from the 52nd CMS had an ARI Aug. 26 for domestic assault in Wengerohr.

September

A staff sergeant from the 52nd CES had an ARI Sept. 1 for assault. The sergeant received an LOR.

A staff sergeant from the 52nd LRS received a DUI Sept. 3 for driving with a 0.180. The sergeant was deemed responsible for an accident. The sergeant was reduced to airman, received 30 days extra duty, a LOR and forfeiture of \$500.

A family member had an ARI Sept. 4 for domestic assault.

An airman from the 52nd CMS had an ARI Sept. 4 for assault, disobeying an NCO and disorderly conduct in Speicher. The airman was court marshalled and discharged.

A civilian from the 52nd SVS had an ARI Sept. 16 for larceny at Club Eifel.

An airman from the 52nd CES had an ARI Sept. 16 for assault and being drunk, disobeying an officer and disorderly in Binsfeld.

An airman first class from the 52nd CES had an ARI Sept. 16 for failure to obey a lawful order or regulation in Binsfeld. An airman first class from the 52nd SFS had an ARI Sept. 16 for assault in Binsfeld. The airman received a LOR.

A senior airman from the 52nd CMS received a DUI Sept. 23 and was deemed responsible for an accident in Niederkeil.

A family member received a DUI Sept. 23 in Spangdahlem.

An airman first class from the 52nd CS had an ARI Sept. 27 for disorderly conduct on base.

A staff sergeant from the 52nd CES received a DUI Sept. 30 for driving with a BAC of 0.825 and was cited for driving without insurance in Binsfeld.

Three Soldiers had ARIs for destruction, damage and vandalism of property; disobeying a lawful order; being drunk on duty and being drunk and disorderly.

October

An airman basic from the 52nd LRS had a ARI Oct. 7 for disorderly conduct,

being disrespectful and failure to obey a lawful order or regulation.

A senior airman from the 52nd LRS received a DUI Oct. 14 in Binsfeld.

An airman from the 52nd AMXS had an ARI Oct. 15 with a BAC of 0.162 for a prostitution offense in Trier.

An airman first class from the 52nd CES had an ARI Oct. 20 for assault on base.

Two airmen first class from the 52nd CES had an ARI Oct. 20 for failure to obey an order or regulation in a dormitory. The airman received counseling.

A staff sergeant from the 52nd CMS had an ARI Oct. 28 for assault in Wittlich.

A senior airman from the 52nd AMXS received a DUI Oct. 29 for driving with a BAC of 0.100 and was deemed responsible for an accident in Spangdahlem.

A staff sergeant from the 52nd CMS received a DUI Oct. 29 for driving with a BAC of 0.170 in Trier. The sergeant received a LOR.

A staff sergeant from the 52nd AMXS had an ARI Oct. 29 for failure to obey a lawful order or regulation in Null.

November

An airman first class from the 702nd Munitions Support Squadron had an ARI Nov. 3 for assault on base.

A staff sergeant from the 52nd Security Forces Squadron had an ARI Nov. 3 for being drunk and disorderly, failure to obey a general order and provoking speech and gestures in Koln.

A technical sergeant from he 52nd CS received a DUI Nov. 4 for driving with a BAC of 0.225 in Bitburg.

Several family members received ARIs Nov. 9 for consumption of alcohol by a minor and contributing to the delinquency of minors at the Bitburg High school.

An Airman first class from he 52nd AMXS had an ARI Nov. 10 for disobeying an NCO, disorderly conduct and being drunk and disorderly on base.

A senior airman from the 52nd CES received a DUI Nov. 14 on base.

December

An airman first class from the 52nd CES had an ARI Dec. 1 for assault, failure to obey an order, fleeing and eluding on base.

A staff sergeant from the 52nd EMS had an ARI Dec. 4 for assault in Speicher. The sergeant received counseling.

A family member had an ARI Dec. 4 for assault in Speicher.

A senior airman from the 606th ACS had an ARI Dec. 9 for assault, communicating a threat, disrespecting an NCO, being disorderly and resisting apprehension on base.

A staff sergeant from the 606th ACS had an ARI Dec. 9 for being drunk and disorderly on base.

An airman first class from the 52nd OSS had an ARI Dec. 9 for destroying or damaging property and being drunk and disorderly on base.

A senior airman from the 726th AMS received a DUI Dec. 14 and was deemed responsible for an accident in Speicher.

An airman from the 52nd AMXS had an ARI Dec. 17 for destruction, damage and vandalism of property and being drunk and disorderly in a dormitory.

A family member had an ARI Dec. 19 for drunkenness on base.

A technical sergeant from the 92nd AMXS received a DUI Dec. 19 for driving with a 0.193 and was deemed responsible for an accident on base.

An airman first class from the 52nd Medical Operations Squadron and had an ARI Dec. 31 for assault on base.

An airman first class from the 52nd LRS had an ARI Dec. 31 for being drunk and disorderly and failure to obey a lawful regulation.

Editor's Note: Submit "Community" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil. Call the 52nd Fighter Wing Public Affairs Office Internal Information Section at 452-5244 for more information.

A&FRC

For information about Airman and Family Readiness Center events, call 452-6422.

- ♦ Volunteer of the quarter packages are due Monday at 4:30 p.m.
- ♦ The A&FRC offers a Mosel Reintegration Retreat April 27-29, cost is 30 Euro for master sergeants and above and 20 Euro for technical sergeants and below. Couples must register by April 6.

Brick House

For more information about Brick House events, call 452-7381.

- ♦ A Community Gaming Club meets Saturdays at noon to play a variety of strategy games such as chess, Risk, Dungeons and Dragons and Star Wars.
- ♦ A salsa night occurs today at 8 p.m.
- ♦ Anthony Fedorov, fourth place finisher in American Idol during 2005, visits Spangdahlem April 15.

Can you dance

The King Citadel Military Lodge #163 hosts a dance show April 14 at Club Eifel doors open at 7 p.m. Advance tickets cost \$8 and tickets at the door cost \$10. Dancers are needed. For more information, call Jesse Boyd at 0160-557-5877 or JB Brown at 0170-985-9355.

Car show

The 52nd Services Squadron hosts a Project Cheer Car Show May 12 from 10 a.m. to 2 p.m. at the Auto Hobby Shop for single and unaccompanied personnel. Drive-in registration begins at 10 a.m. Competition categories include best in show, best paint, best custom interior, best stereo, loudest exhaust and ugliest car. For more information, call 452-6841.

Community Bank closure

The Spangdahlem and Bitburg Community Banks are closed April 6-9. The Spangdahlem bank closes April 11 at noon and the Bitburg bank closes April 12 at noon.

Easter egg hunt

The 52nd Civil Engineering Squadron hosts their third annual Easter Egg Hunt and Burn April 7 at noon at the Spangdahlem main pavilion. The event is open for 52nd CES members and their families

only. For more information or to make a reservation, call 452-6040.

Education information

The Officer's and Civilian Spouses Club is accepting applications for the Spouses Scholarship through April 27. Applications are available at the education office, both base libraries and the Airman and Family Readiness Center. All applications must be received by mail no later than April 30. For more information, e-mail ocsescholarhip@yahoo.com.

Family Advocacy

For more information about Family Advocacy services, call 452-8279.

- ♦ An infants and playschoolers playgroups occurs from 10 a.m to noon at Spangdahlem AB Tuesdays and at Bitburg Annex Thursdays.
- ♦ A four part series on Anger Management begins Tuesday from 9-10:30 a.m.

First aid course

The American Red Cross offers a first aid and safety class April 14 from 9 a.m. to 3 p.m.; cost is \$25. For more information or to register by April 13, call 452-9440.

German lessons

German lessons occur today at 8 p.m. in the Community Center. For more information, call 452-7381.

Give Parents a Break

The next Give Parents a Break free childcare session is April 14 from 10 a.m. to 3 p.m. at the Bitburg Annex child development center. Reservations and required paperwork must be received by April 5 at noon. For more information, call 452-6422.

Month of the Military Child

The Month of the Military Child Block Party occurs April 28 from 10 a.m. to 2 p.m. at the Skelton Memorial Fitness Center. Party festivities include an assortment of arts and crafts, a bouncy castle, tattoo, giant bubbles, information booths, static displays and more. For more information or to sponsor an activity or booth, call 452-7545 or 452-9022.

Pet Spa

Volunteers are needed at the Pet Spa during Spring Break everyday from 7-11 a.m. and 4-8 p.m. For more information about Pet Spa services, call 452-9326.

School news

Bitburg Elementary School

Scholastic Book Fair sales run Monday to Thursday from 8:30 a.m. to 3:30 p.m.

Spangdahlem Elementary School

The SPES hosts a PTSA Book Fair Monday to Thursday from 8 a.m. to 3:30 p.m. and again Thursday evening from 4-7 p.m.

Spangdahlem Middle School

- ♦ The SPMS needs volunteers to assist with Shadow Day April 30 from 8 a.m. to 1 p.m. Individuals or squadrons interested in volunteering to mentor or have students shadow them for the day. For more information, contact Debbie Perez at debp@att.net or 0175-531-5867.

Misc school news

- ♦ The best instrumentalists from the Kaiserslautern School District will perform at the Skelton Fitness Center Wednesday at 1:15 p.m.

Special Olympics

The annual Kaiserslautern Special Olympics spring games takes place May 2 at the German police training center in Enkenbach. More than 1,200 volunteers are needed to assist as buddies, traffic control, registration, translators, scoring, food services, sports and more. Volunteers must be at least 15 years old. For more information, e-mail larry_zani@compuserve.com.

Software

Network users from the 52nd Fighter Wing can access limited home use Norton Antivirus and spyware removal software free of charge. Users must access the link through a Department of Defense computer at https://www.jtfgno.mil/antivirus/home_use.htm. For more information, contact a unit client support administrator.

Spring Bazaar

The Spangdahlem Spouses and Enlisted Members Club spring bazaar runs through Sunday.

Youth programs

For more information about Teen Center events, call 452-9555.

- ♦ Students interested in the Air Force Academy entering their sophomore or junior year during the fall of 2007 are invited to the Teen Aviation Camp from June 2-7. Attendees are responsible for d travel costs to Colorado Springs, Colo. Lodging, meals and program costs are centrally funded.
- ♦ Write an essay for the opportunity to attend Camp Island Lake Summer Camp from Aug. 1-14. Winners receive free tuition, however parents pay for transportation. Entries must be received electronically by June 1. For information, visit www.islandlake.com or call 452-7545.

Chapel Services

Spangdahlem AB

Catholic Mass

- ♦ Sunday Mass at 9 a.m.
- ♦ Daily Mass Mondays, Wednesdays and Fridays at 11:45 a.m.
- ♦ April 7 at 7 p.m. Easter Vigil Mass

Protestant

- ♦ Sundays at 10:30 a.m., traditional service
- ♦ Sundays at 5 p.m., evangelical service
- ♦ Thursday at 7 p.m. Maundy Service
- ♦ April 6 at 7 p.m. Good Friday Service

Ecumenical

- ♦ Wednesday at 11:45 a.m. Catholic Mass and Protestant Devotionals followed by joined soup and bread luncheon and Christian fellowship

Bitburg Annex

Catholic Mass

- ♦ Sunday Mass at noon
- ♦ Daily Mass Tuesdays at 11:45 a.m.
- ♦ Thursday until 7 p.m. Mass and Adoration
- ♦ April 6 at 7 p.m. Day of Fasting and Abstinence Service

Protestant

- ♦ Sunday at 9:30 a.m. praise service

Miscellaneous information

- ♦ Palm Sunday and Easter Services take place during normal service hours.
- ♦ For more information about other faith needs, call the chapel at 452-6711/6281.



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Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least 10 days before the desired date of publication. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Vehicles

2003 Toyota Tacoma, AT, 2WD, 22,000 miles, TRD and SR5 package, CD player, black exterior, tan interiors, spray in bed liner, CC, PS, TC, AC. Call Erin at 06562-956565.

2000 Dodge Ram 1500, SLT, quad cab, red, 4WD, 5.21 V-8, 16" aluminum wheels, rear underseat storage, Inf. speakers, fog lights, bed liner, 43,000 miles, dealer maintained, 1 owner, \$13,500 OBO. Call 06569-962394 after 6 p.m.

1998 Jeep Cherokee, AT, 2WD, 4-dr., AC, PW/PL, clean, just passed inspection, \$5,000 OBO. Call Staff Sgt. Bagley at 452-4351 or 0656396-2119 after 5 p.m.

1988 BMW 316, 5-spd., AM/FM CD player, new rear brakes, summer and winter tires, overall good condition, \$1,800 OBO. Call Staff Sgt. Reyna at 452-6223 or 06575902672.

1997 Chevrolet Malibu, 4-dr., sedan, 2.4 liter quad four engine, AT, power windows/locks/mirrors, AC, 78,000 miles, \$3,500. Call 06505-912-558.

For sale

Two 13x3 red Turkish runner rugs, \$100; travel tattoo kit by Superior Tattoo, comes with everything to get started, \$300; dark green couch and love seat, little rip in fabric but in good condition, \$150; free Razr V3i contract cell phone, just take over remainder of contract that ends Feb. 2008, need to get rid of ASAP; 13" TV, \$20. Call 0170-907-7459 or 0656-5933-200.

Glass elevating living room table, \$600; multiple drawer dresser, \$50; wooden computer desk, \$50; 6 piece bedroom set, \$1,000; black iron patio table set, \$50; entertainment center, \$75. Contact Charrell Broadus 452-1879 or cell 0160-950-86618.

Appliances 220-v: vacuum, \$15; microwave, \$25; crock pot, \$30; 3 fans, \$20; guitar amp, \$30; stereo, \$20. Contact Charrell Broadus 452-1879 or cell 0160-950-86618.

50 piece white dining dish set, \$50; 4 drawer filing cabinet, \$25; office shredder, \$20; home phone, \$20; cell phone, \$50; Game Boy Advance, \$25; 19" Hitachi TV 110-v, \$50. Charrell Broadus

452-1879 or cell 0160-950-86618.

Gold's gym XR30, 480 lbs of weight, \$300. E-mail tharrison1971@yahoo.com or call 06569-96-2495.

Two small 3 drawer bathroom cabinets, \$10 ea.; two piece L shape desk, \$50; regular computer desk, \$25; small entertainment center, \$30; white long cabinet 8'x2'x3', \$15; two white lamps, \$20; for both, 2 big blue moon chairs, \$15 ea.; black and silver back pack for lap top, \$25; black shoulder strap case for lap top, \$20; 2 wooden closets/pantry, \$50 ea.; Even Flo baby high chair, \$40; baby walker, \$10; activity baby walker, \$40; 220-v Magnified light fixture, \$15; 220-v vacuum Cleaner, \$10; exercise bike, \$50; Gazelle Trainer hardly used, \$200; Welder Max Pro, \$250; Treadmill Pro Form 520, \$450. Call Izzy at 0175-839-8824.

Small dining room table, 4 chairs oak/hunter green in color, \$40. Call 06565934340 after 4 p.m.

Cap Barbell Hexagon solid dumbbell weights for 25 cents/pound: 2 times 20, 25, 30, 35, 40, 50 and 60 pounds; 1 times 65, 75 and 85 pounds. Call

Rob Schmitz at 0656-996-2278 or 0171-331-8683.

Strat sound w/o Strat price, Fender Strat Squire Guitar Package, includes guitar, practice amp, gig bag, cord books, strap, picks, tuner, everything you need, great value, \$200 or trade for bass guitar. Call Ernest at 0160-621-8071 or 452-7070.

Britax Husky 5pt harness car seat, front-facing 22-80 lbs, children 19-53" tall, wicket color, 2005, \$100. Call Joe or Antonia at 06562-93-1998 or 0160-253-5661.

Goodyear Eagle LS tires, 4, 185/60/15, \$80; 19" flat screen Dell computer monitor-needs repair-picture is wavy, \$25; Dirt Devil bagless vacuum, upright, \$25. Can e-mail pictures, call Glenn at 01609-254-2166.

21" Sony multisystem TV, \$100; 29" Zenith TV, \$50; exercise machine-Custom Fit Crosstrainer, \$200; 0 Fahrenheit Coleman sleeping bag, \$25; Turkish rug with fringe 5' by 8', \$100. Can e-mail pictures, call Glenn at 01609-254-2166.

Homes needed for several young bunnies, 10 weeks old, males and females available, have received check-ups from the vet, no cost. Call Robert or Donna at 06569-962394 after 6 p.m. Yellow and red parakeet/parrotlet; originally 160 euro but free to a good home. Around 2 years old and very healthy. Cage, toys, and food included. Please contact Natalie Hoyt at natalie.hoyt@spangdahlem.af.mil.

Wanted

Reliable housekeeper once a week to clean 170 sq meter home in Dudeldorf. Call 0656-593-4340 after 4 p.m.

Reliable, responsible babysitter for 4 yr old son in Speicher GLH, anywhere from 1-3 nights a week from approx. 7p.m. to as late as 12 a.m., would prefer him to be watched at your house, but not mandatory. Call Antonia at 06562-93-1998 or 0160-253-5661.

Boxer M/F puppies or young dog no more than 3 yrs old, must be good with small children, loving home, wife stays home all day, will pay up to \$200. Call Serrina or Justin at 01609-310-7406 from 9 a.m. to 11 p.m.

Pets

Diekirch Museum passes torch of remembrance

Courtesy story and photo

The National Museum of Military History in Diekirch, Luxembourg, has the mission to pass the torch of remembrance.

This objective is achieved through informative and educational displays showing a balanced view of the liberation of Luxembourg in 1944-45 by American and allied forces and the history of the Battle of the Bulge. A series of large-scale life-size dioramas, thematic exhibits, weaponry, vehicles, countless original photographs and many personal artifacts tell this story that should never be forgotten.

Started in 1982 by a handful of enthusiasts and volunteers, the museum has grown into a key World War II, military history and remembrance attraction.

The museum itself is one of the largest of its kind in Europe, extensively focusing on the human dimension of the Bulge in the Ardennes. Its location places visitors on the actual 1944/45 battlefield in Luxembourg.

The museum's extensive Web site www.nat-military-museum.lu provides an insight to its diverse exhibits often visited throughout the year by families and descendants of veterans. The museum's educational exhibits are positively rated by members of all nationalities because of the impartiality and attention to historical accuracy and detail. Visitors are encouraged to plan to spend at least two hours here.

A visit to the National



The National Museum of Military History in Diekirch, Luxembourg, has numerous informative and educational displays showing a balanced view of the liberation of Luxembourg in 1944-45 by American and allied forces and the history of the Battle of the Bulge.

Museum of Military History in Diekirch, Luxembourg, can be easily coupled with a "terrain walk" of a section of the former battlefield in the Luxembourg-German border area; pamphlets and maps are available. Visitors can also tour a large range of American and allied World War memorials in Luxembourg, as well as the Luxembourg-American cemetery where there is a memorial for General George S. Patton, Jr., and the German World War II military cemetery.

The combination of a museum tour and terrain walks, which visit key memorials, as well as the two military cemeteries and the remains of the German Westwall/Siegfried Line can be comfortably managed in one day,

and have increased in popularity in recent years. However, visitors who wish to see more can take an elaborate trans-border tour over a weekend.

From an educational point of view, visitors learn that before the Battle of Bastogne, Belgium, highlighted in "Band of Brothers" and "Easy Company" there was a battle of Northern Luxembourg and other parts of Belgium before the German troops reached Bastogne.

Numerous historians agree that the Battle of the Ardennes, Bulge, was actually "won" in the first two days on the northern and southern shoulders, without taking away the credit of the U.S. troops who defended Bastogne. In addition, the Third Army, com-

manded by Gen. George S. Patton, Jr., liberated town after town, village after village in Luxembourg in January 1945, after Bastogne had been retaken.

To familiarize interested visitors with the history that can be "felt and walked," the National Museum of Military History can set up guided tours and/or combination visits in several languages for tour groups in cooperation with local bus companies and hotels.

For a detailed description of the museum, terrain walk and to better plan a trip, visit the Web site at www.nat-military-museum.lu. The terrain walk can be found by clicking on "Bulge trails." Information about other museums can be found at

National Museum of Military History information

Location

The National Museum of Military History is located in the complex of the Diekirch "old brewery" at:

10, Bamertal
L-9209 Diekirch
Grand Duchy of Luxembourg

Contact information

Phone -- 00352-808908 or 00352-804719

Fax -- 00352-804719

Web site -- www.nat-military-museum.lu

E-mail -- mnhmdiek@pt.lu

Museum hours

♦ Jan. 1 through March 31 daily from 2-6 p.m.

♦ April 1 through Nov. 1 daily from 10 a.m. to 6 p.m.

♦ Nov. 2 through Dec. 31 daily from 2-6 p.m.

♦ Last tickets sold at 5:15 p.m.

Admission

♦ Adults -- 5 euro

♦ Children ages 10-18 -- 3 euro

♦ Children under age 10 -- free

♦ Students with valid student identification card -- 3 euro

♦ World War II Veterans with veteran association affiliation card -- free

♦ Military personnel in uniform -- 3 euro

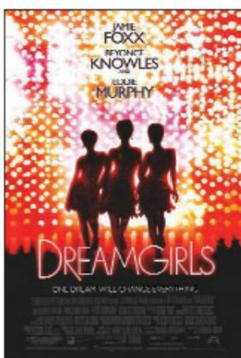
♦ Group rates with a minimum of 10 people -- 3 euro per person

♦ Group rates for guided tours with a minimum of 10 people -- 5 euro per person.

♦ Optional audio guides available in five languages -- 2.50 euro

Movie Schedule

Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit www.aafes.com/ems/default.asp.



Spangdahlem Skyline

Today

7 p.m. - Dreamgirls

Three friends from Chicago are a promising singing trio called The Dreamettes. Their talent attracts an ambitious manager who uses unscrupulous tactics to move the girls from backup singers to superstars of their own, PG-13.

10 p.m. - The Number 23

A man's life unravels after he comes into contact with an obscure book titled "The Number 23". As he reads the book, he becomes increasingly convinced that it is based on his own life, R.

Saturday

7 p.m. - The Queen

After the death of Princess Diana, HM Queen Elizabeth II struggles with her reaction to a sequence of events nobody could have predicted, PG-13.

10 p.m. - The Number 23

Midnight - Smoking Aces

When a Las Vegas performer-turned-snitch named Buddy Israel decides to turn state's evidence and testify against the mob, it seems that a whole lot of people would like to make sure he's no longer breathing, R.

Sunday

4 p.m. - Dreamgirls

7 p.m. - Smoking Aces

Monday

7 p.m. - Dreamgirls

Tuesday

7 p.m. - The Number 23

Wednesday and Thursday closed

April 6

7 p.m. - Epic Movie

In the spirit of "Scary Movie" and "Date Movie," a parody that spoofs recent mega-blockbusters. The comedy centers around four orphans who visit a chocolate factory and are transported to the wonderful land of Gnarnia, after stumbling upon an enchanted wardrobe, PG-13.

April 2

10 p.m. - Wild Hogs

A group of middle-aged friends decide to rev up their routine suburban lives with a freewheeling motorcycle trip. Taking a long dreamed-of breather from their stressful jobs and family responsibilities, they can't wait to feel the freedom of the open road, PG-13.

April 7

4 p.m. - Bridge to Terabithia

Fifth grader Jesse Aaron's hopes of becoming the fastest runner in his class are dashed when new girl

Leslie Burke outruns everybody. However, the two soon begin a friendship, and discover a magical kingdom in the forest, PG.

7 p.m. - Wild Hogs

10 p.m. - Norbit

A mild-mannered guy who is engaged to a monstrous woman meets the woman of his dreams, and schemes to find a way to be with her, PG-13.

April 8

1 p.m. - Happily N'ever After

An alliance of evil-doers, led by Frieda, looks to take over Fairy Tale Land. But when Ella realizes her stepmother is out to ruin her storybook existence, she takes a dramatic turn and blossoms into the leader of the resistance effort, PG.

4 p.m. - Stomp the Yard

After the death of his younger brother, a troubled 19-year-old street dancer from Los Angeles is able to bypass juvenile hall by enrolling in the historically black, Truth University in Atlanta, Ga., PG-13.

7 p.m. - Epic Movie

April 9

7 p.m. - The Queen

April 10

7 p.m. - Wild Hogs

April 11-12 closed

Bitburg Castle

Today

7 p.m. - Bridge to Terabithia

9:30 p.m. - Stomp the Yard

Saturday

7 p.m. - Bridge to Terabithia

9:30 p.m. - Stomp the Yard

Sunday

4 p.m. - Bridge to Terabithia

7 p.m. - Primeval

A news team is sent to South Africa to capture and bring home a legendary 25-foot crocodile. Their difficult task turns potentially deadly when a warlord targets them for death, R.

Monday, Tuesday, Wednesday and Thursday closed

April 6

7 p.m. - Dreamgirls

9:30 p.m. - The Number 23

April 7

4 p.m. - The Queen

7 p.m. - The Number 23

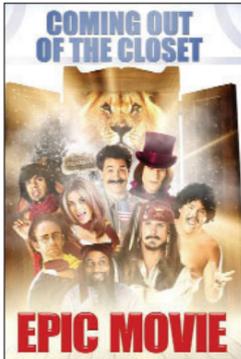
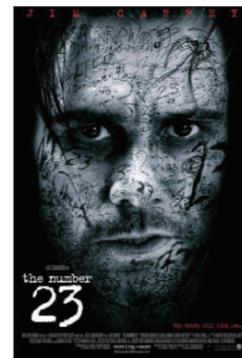
9:30 p.m. - Smoking Aces

April 8

4 p.m. - The Queen

7 p.m. - Dreamgirls

April 9-12 closed



Sports Briefs

Ping pong tournament

The 52nd Services Squadron hosts a ping pong tournament at the Brick House Saturday at 4 p.m. Entry is free.

Looking for women softball players

The fitness center staff is looking for dedicated women who have what it takes to compete at the varsity softball level. Tryouts are held Saturday through April 15 at softball field number 2. For more information, contact Mark Geairn at 452-6917. The times are as follows: Monday, Wednesday and Thursdays - 5-7p.m.; Saturdays - 10 a.m. to noon

Men's varsity softball tryouts

The 2007 Spangdahlem Men's Varsity Softball team holds team tryouts Saturday through April 5 at softball field #2 next to the bowling center. For more information, call Tech. Sgts. Michael Lemond at 452-5697 or Michael Kliss at 452-6733, or Staff Sgt. Michael Amado at 452-7490.

Start Smart registration

The 52nd Services Squadron youth programs holds Start Smart registration now through Saturday. Cost is \$50 and includes a Start Smart kit and T-shirt. Sign up at Spangdahlem AB Youth Center, in building 427 or Bitburg Annex School Age program, building 84. There are 20 openings for youth ages 3-5. One parent or guardian must attend the session with the child. This six-week instructional session assists parents with teaching their children the basics of baseball. For more information, call 452-7545.

Cascade swimming trip

A cascade swimming trip is scheduled for youth ages 9-12 April 10 from 1-7 p.m. The group will depart the Bitburg Teen Center at 1 p.m. A registration fee of \$10 and a permission slip is required. Bring 5 euro for entrance fees. The teen center will be closed in support of this event. For more information, call Ms. Patti Porter at 452-9555.

Spring 5K fun run/walk

A spring 5K fun run/walk is scheduled April 12 at 6 a.m., noon and 4 p.m. Meet at the fitness center. People can run or walk. The route is the 5K run route or Perimeter Road. Parents can bring their children, dogs, etc. to participate in the run. There is no time limit. For more information, call Juergen Stockemer at 452-6634.

Aerobic boot camp

The fitness center offers an aerobic boot camp starting April 14 at 9 a.m. Entry fee is \$40 and the class is open to call all ages. The eight-week program will take place every Saturday at 9 a.m. in the aerobics room. Registration starts Sunday and will be on a first come, first serve basis. The registration deadline is April 13. For more information, contact Mr. Juergen Stockemer, fitness manager, at 452-6496.

2007 Wing Sports Day

The 52nd Services Squadron fitness center staff hosts a Wing Sports Day May 1. Squadrons wishing to participate in this event can choose from a variety of sporting events, including a 5K run, 3-on-3 basketball, softball, wallyball, bowling, tennis, golf, a bike race, billiards, volleyball, 100-meter run, 400-meter run, 4X 100-meter relay and tug of war. There will be an awards ceremony following the events. Individuals wishing to participate should contact their squadron's sports representative.

Base theater reservations

The 52nd Services Squadron sports and fitness section is now taking any base theater reservations. For reservations, call 452-7242 or 452-6496.

Eifel Lanes Bowling Center news

- Color pin bowling happens Fridays from 6 p.m. to close, cost is \$2.25 per game.
- Bowl for \$1 per game during an Easter Bowling special which takes place April 6 from 10:30 a.m. to 4:30 p.m. and April 8 from noon to 4 p.m.
- A Spring Break special occurs April 9-13 from 10:30 a.m. to 4:30 p.m. Children's shoe rental is .50 cents and they bowl for .50 cents per game.



Staff Sgt. Ernesto Otero, Health and Wellness Center, provides nutritional information to Airmen at the fitness center March 15. The HAWC routinely holds a variety of classes on health and fitness, as well as smoking cessation classes, for Airmen and their families. The HAWC is currently National Nutrition Month. For more information or to sign up for any classes, contact the HAWC at 452-4295. (Photo by Airman 1st Class Emily Moore.)

Alcohol, nutrition: make the right choice

52nd Medical Operations Squadron

Alcohol and nutrition are closely linked. Over-consumption of alcohol can lead to nutrient deficiencies, weight gain, and chronic diseases such as liver disease, high blood pressure, stroke, and coronary heart disease. Excessive alcohol consumption with other high caloric foods coupled with lack of regular exercise can quickly lead to increased weight changes.

What constitutes over-consumption?

The National Council on Alcoholism and Drug Dependence defines "over-consumption" as more than three drinks per day.

The Dietary Guidelines for Americans recommends, "If you drink alcoholic beverages, do so in moderation." Moderation, as defined by this Dietary Guideline is:

- No more than one drink a day for women
- No more than two drinks a day for men

How does alcohol lead to weight gain?

Alcohol contains seven calories per gram and one drink contains about 14 grams of ethanol. One serving of wine contains about 98 calories (14g x 7cal/g = 98cal). Alcoholic drinks mixed with other beverages, like juice, will have even more calories. One and 1/2 ounces of vodka for instance, contains 100 calories, but one cup cranberry juice and 1.5 ounces of vodka will contain about 230 calories. Moderate consumption of alcohol and a well balanced diet does not necessarily lead to weight gain or loss of essential body nutrients. The over-consumption of alcohol, in addition to poor diet and lack of activity can easily lead to weight gain and other health issues. Just 500 additional extra calories per day (1-3 drinks) can add up to one pound per week in weight gain. Additionally, alcohol competes with the body for nutrients needed to enhance body functions.

How can alcohol lead to nutrient deficiencies?

In addition to weight gain, over-consumption of alcohol can also lead to malnutrition and weight loss. This occurs when alcohol slowly competes with and replaces other foods in the diet such that it uses up the nutrients required to process regular food. When a person that over-indulges in alcohol does eat, the nutrients required to digest the food are not available. Malnutrition and other diseases stemming from the regular consumption of large amounts of alcohol can easily be seen in long term alcoholics. The detrimental effects of alcohol coupled with the mal-absorption of nutrients, vitamins, and minerals can lead to:

- Liver disease (alcoholic hepatitis and cirrhosis)
- Cardiovascular diseases such as congestive heart failure, hypertension, arrhythmia and stroke
- Pancreatitis, gastroesophageal reflux disease, and stomach ulcers
- Increased risk for cancer, especially of the liver and the upper gastrointestinal tract
- Neurological disorders
- Sexual dysfunction

Can alcohol be good for you in moderation?

Some studies have shown that moderate consumption of alcohol (1-2 drinks per day) may have some health benefits. Relaxation and anxiety relief have long been cited as potential benefits of judicious alcohol consumption. These benefits, however, can easily turn into harmful side-effects if driving is attempted under the influence of alcohol. Other studies (on those over the age of 30) suggest that some alcoholic beverages, red wine in particular, may lower one's blood pressure and/or LDL, "bad" cholesterol, levels thereby reducing one's risk for cardiovascular disease. These beneficial effects, how-

ever, can also be gained from a healthy lifestyle including a diet in low in fat and regular physical activity. It is also important to remember that the antioxidants and phytochemicals that red wine contains may also be found in red grapes and red grape juice.

How much physical activity do I really need?

Regular physical activity needs to be performed for a minimum of 30 minutes most days of the week. This can include housework, taking the dog for a walk, playing with the kids, etc.

However, if one is interested in maintaining their current physical fitness level they need to perform a complete workout, consisting of resistance training and cardio, 3 times a week for a total of one hour. If one desires to increase their fitness level, lose weight or gain muscle, they need to perform a complete workout 5-7 days a week consisting of resistance training and cardio.

For cardiovascular fitness one should work out with heart rate intensity between 75%-85% of their max heart rate. One needs to maintain this intensity range for 30-45 minutes, 3 times a week to maintain current fitness level or 5-7 times a week in order to gain cardiovascular fitness benefits.

Max heart rate is determined by the following equation: 220-age = Max Heart Rate (MHR). To determine your low end heart rate zone take your MHR and multiply it by .75. To determine your high end heart rate zone take your MHR and multiply it by .85.

What's the bottom line?

Healthy lifestyle habits include good nutrition and regular physical activity. A healthy lifestyle can include alcohol if used responsibly. Moderate consumption of alcohol (1-2 drinks per day) may have some health benefits. However, even moderate consumption can become harmful if one gets behind the wheel after drinking. Over-consumption of alcohol inevitably leads to significant health issues.

Simple rule of thumb:

SABER 0-1-3; it's good for your health.

How many calories are in your drink?

This chart details the number of calories in some common alcoholic beverages. (Chart courtesy of The Health and Wellness Center.)

Type of drink	Ounces	Calories
Budweiser® beer	12	140
Bud Light® beer	12	110
Miller light® beer	12	96
Merlot, red wine	4	95
Chardonnay, white wine	4	100
Champagne	4	105
Margarita	5	550
Mudslide	4.5	417
Long Island Iced Tea	8	380
Pina Colada	6	293
Rum and Diet Coke	6	65
Mike's Hard Lemonade®	12	240
Jager Bomb:		
1 Red Bull®, 1 oz Jagermeister®)	9	213
Bacardi Silver® drinks	12	225
Bacardi Silver low carb®:		
black cherry or green apple	12	94